



Presents for your consideration:
Electrolyte Plus C™

- ◆ Effervescent Instant Drink Mix
- ◆ **Lemon – Lime** Flavor
- ◆ Super Energy Booster
- ◆ Electrolytes, Co Enzyme B vitamins and Vitamin C!

Electrolyte Plus C™ contains 1000 mg of Vitamin C as mineral ascorbates, active co-enzyme B complex vitamins, electrolytes and lipoic acid in each convenient packet serving. Simply mix the effervescent powder in water or your favorite beverage for a refreshing and nourishing, super energy boosting drink. Electrolyte Plus C™ is a powerful antioxidant.

The mineral ascorbates, Coenzyme B vitamins and antioxidants in Electrolyte Plus C™ support your cells mitochondrial metabolism.

Vitamin C has a well-established reputation as an antioxidant. It has demonstrated its value in protecting tissues from oxidative damage. Plasma lipids are protected from oxidation in the presence of Vitamin C. LDL cholesterol oxidation is inhibited with Vitamin C. Cardiovascular health benefits from consistent Vitamin C intake. This may be due to Vitamin C's benefit on blood pressure, circulation, blood vessel health and reduction of cholesterol plaque. Vitamin C supports healthy immune function. It favorably regulates lymphocytes, and may affect the regulation of cytokines, antibodies and complement components. Vitamin C enhances phagocytic activity.

Electrolyte Plus C™	Amounts per serving
Serving size	7.0 grams
Number of servings per container	25
Calories	14
Sodium (bicarbonate)	0.06 g
Total Carbohydrates	3.7 g
Sugars	3.6 g
Vitamin C (Mineral ascorbate)	1000 mg
Calcium (ascorbate)	50 mg
Vitamin E (D-Alpha tocopherol)	10 IU
Vitamin B1 (Thiamine mononitrate)	0.38 mg
Vitamin B2 (Riboflavin 5' phosphate)	0.43 mg
Vitamin B3 (Niacin)	5 mg
Vitamin B6 (Pyridoxal 5' phosphate)	10 mg
Folate (Folic Acid)	13 mcg
Vitamin B12 (Cyanocobalamin)	25 mcg
Pantothenic Acid (D-Calcium pantothenate)	2.5 mg
Magnesium (citrate)	60 mg
Zinc (Gluconate)	2 mg
Manganese (Gluconate)	1 mg
Chromium (Citrate)	10 mcg
Potassium (Bicarbonate)	200mg
Alpha Lipoic Acid	10 mg
Selenium (selenomethionine)	5 mcg
CoQ10	5 mg
Grape Seed Extract	5 mg
Green Tea Extract	5 mg
Suggested Dose: Add 1 teaspoon to 6-8 ounces of water. No stirring necessary.	

Other ingredients: Fructose, Malic Acid, Citric Acid, Natural Flavors, Silicon Dioxide, Sodium Bicarbonate.

Calcium, Magnesium, Potassium, Zinc, Manganese, and Chromium form the electrolyte core of Electrolyte Plus C™. These electrolytes support normal cellular metabolism. Nerve and muscle cells especially benefit from a healthy supply of electrolytes. Fatigue of the nervous system and/or muscle fatigue may benefit from Electrolyte Plus C™ use. Mineral electrolytes help support proper insulin response and regulation. This effect may support optimal blood sugar balance essential for stable, sustained energy.

Potassium supplementation has been shown to bring about small but significant reductions in blood pressure

in those with mild to moderate blood pressure elevation.

Magnesium's role as a cofactor in various crucial intracellular enzymatic reactions related to myocardial metabolism and contractility is well established. Potassium and Magnesium support healthy heart function. Calcium, along with Magnesium, supports bone health and muscle function.

Calcium was shown in a placebo-controlled, multicenter study to reduce premenstrual symptoms by 48% versus 30% in the placebo group. The calcium supported group had a 54% decrease in body aches and pains compared with a 15% increase in pains reported by the placebo group.

B Vitamins (Thiamine, Riboflavin 5' phosphate, Niacin, Pyridoxal 5' phosphate, Folic acid, Vitamin B12, Pantothenic acid): support normal carbohydrate metabolism, energy production and act as cofactors for healthy enzyme function. B vitamins, along with electrolytes are important for stable energy through their effect on balancing blood glucose levels.

Niacin is involved in a wide range of biological processes, including the production of energy, the synthesis of fatty acids, cholesterol, and steroids, signal transduction, the regulation of gene expression and the maintenance of genomic integrity.

Pantothenic Acid (PA) stimulates the production of increased cellular levels of Coenzyme A. This benefits cellular antioxidant protection and repair of plasma membranes. PA raises levels of intracellular reduced glutathione. Again, we see a benefit in antioxidant protection and cellular repair mechanisms.

Vitamin B12 has been called "nature's most beautiful cofactor". B12 works with Folic acid in the synthesis of the building blocks for DNA and RNA synthesis and in the synthesis of molecules important in the maintenance of genomic integrity.

Vitamin B12 is involved in energy production.

Folic Acid lowers the risk of neural tube defects and possibly other birth defects. Folic acid along with Vitamin B6 and Vitamin B12 lowers Homocysteine, enhancing conversion to Methionine. Homocysteine may increase the risk of cardiovascular disease.

Vitamin B6 has its main body pool in muscle tissue. It supports healthy nerve and muscle function as well as, cardiovascular protection via Homocysteine reduction with the help of vitamin B12 and folic acid.

Lipoic acid has biological antioxidant activity, antioxidant recycling activity and activity in enhancing biological energy production.

Selenium (selenomethionine), Coenzyme Q10, Grape Seed Extract and Green Tea: have antioxidant properties that protect vital cellular structures from free radical damage. Coenzyme Q10 enhances cellular energy output by supporting ATP production via the mitochondrial electron transport chain. Selenium is essential for efficient peripheral conversion of the thyroid hormone T₄ to T₃, its more metabolically active cousin. Grape seed extract and green tea supply additional food based antioxidants that protect delicate cellular structures.

References:

PDR for Nutritional Supplements, 1st Edition. 2001. Medical Economics, Thomson Healthcare

Werbach MR. **Nutritional Influences on Illness: A sourcebook of clinical research, 2nd Edition.** 1993. Third Line Press, Tarzana, CA.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

For Quality and Value without Compromise



Is the logical choice!